

Baked Fish



Ingredients

- 1 pound cod fillets (fresh or frozen)
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 dashes of pepper (1/8 teaspoon)
- 1/4 teaspoon oregano (dried)
- 1/4 teaspoon thyme (dried)
- 1 tablespoon lemon juice
- 1 1/2 tablespoons margarine (melted)

Directions

1. Thaw frozen fish according to package directions, if using frozen fillets.
2. Preheat oven to 350° F.
3. Separate fish into four fillets or pieces.
4. Place fish in ungreased 13" x 9" baking dish.
5. Combine paprika, garlic powder, onion powder, pepper, oregano, and thyme in a small bowl.
6. Sprinkle seasoning mixture and lemon juice evenly over fish.
7. Drizzle margarine evenly over fish.
8. Bake until fish flakes easily with a fork, about 20-25 minutes.

Nutrition Information

Yields: 4 servings

Serving size: 1/4 of the recipe

Calories	131
Total fat5g
Saturated fat1g
Cholesterol47mg
Sodium69mg
Carbohydrates1g
Dietary fiber0g
Total sugars0g
Protein20g

Anxiety Disorders

Occasional anxiety is an expected part of life. You might feel anxious when faced with a problem at work, before taking a test, or before making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

Risk Factors

Researchers are finding that both genetic and environmental factors contribute to the risk of developing an anxiety disorder. Although the risk factors for each type of anxiety disorder can vary, some general risk factors for all types of anxiety disorders include:

- Temperamental traits of shyness or behavioral inhibition in childhood

- Exposure to stressful and negative life or environmental events in early childhood or adulthood
- A history of anxiety or other mental illnesses in biological relatives

Treatments and Therapies

Anxiety disorders are generally treated with psychotherapy, medication, or both. There are many ways to treat anxiety and people should work with their doctor to choose the treatment that is best for them.

- Psychotherapy
- Medication
- Support groups
- Stress management techniques

Fitness Tip



Make exercise part of your regular routine by:

- Make everyday activities more active. Even small changes can help. You can take the stairs instead of the elevator or park further away from your destination.
- Keep track of your progress. Keeping a log of your activity or using a fitness tracker may help you set goals and stay motivated.
- Make exercise more fun. Try listening to music or watching TV while you exercise. Also, mix things up a little bit—if you stick with just one type of exercise, you might get bored.